

# CONCUSSION AND HEAD INJURY AWARENESS POLICY TRAINING

CITY OF SOUTH JORDAN  
9/2011

# UTAH STATE LEGISLATION

2011 General  
Legislative Session ...

## **House Bill 204:**

Enacts the Protection  
of Athletes with Head  
Injuries Act with the  
Utah Health Code



# HOUSE BILL 204

## Part 1: General Provisions

## Part 2: Concussion and Head Injury Policy

## Part 3: Medical Clearance

### General Provision

- Agent
- Amateur Sports Organization
- Child
- Qualified Health Care Provider
- Sporting Event
- Traumatic head injury

### Concussion and Head Injury Policy

- Adopt and enforce a Concussion and Head Injury Policy
- Ensure that each agent is familiar with, has a copy of the policy
- Before permitting child to participate:
  - Provide a written copy of the policy to the parent/guardian
  - Obtain sign parents signature acknowledging they've read, understand and agrees to abide by Policy

### Medical Clearance

- If a child is suspected of sustaining a concussion or a traumatic head injury
  - Immediately remove a child from participating
  - Prohibit the child from participating until
    - Evaluated by qualified health care provider
    - Obtain written statement
    - Child cleared to resume participation

# GENERAL PROVISIONS

## Definitions:

- Agent
- Amateur Sports Organization
- Child
- Qualified Health Care Provider
- Sporting Event
- Traumatic head injury

### Agent

- Coach, Teacher, Employee, Representative, or Volunteer

### Amateur Sports Organization

- Sports team,
- Public or private school,
- Public or private sports league,
- Public or private sports camp or
- Public or private organization that organizes, operates, manages or sponsors a sporting event for its members, enrollees, or attendees.

### Child

- An individual who is under the age of 18.

### Qualified Health Care Provider

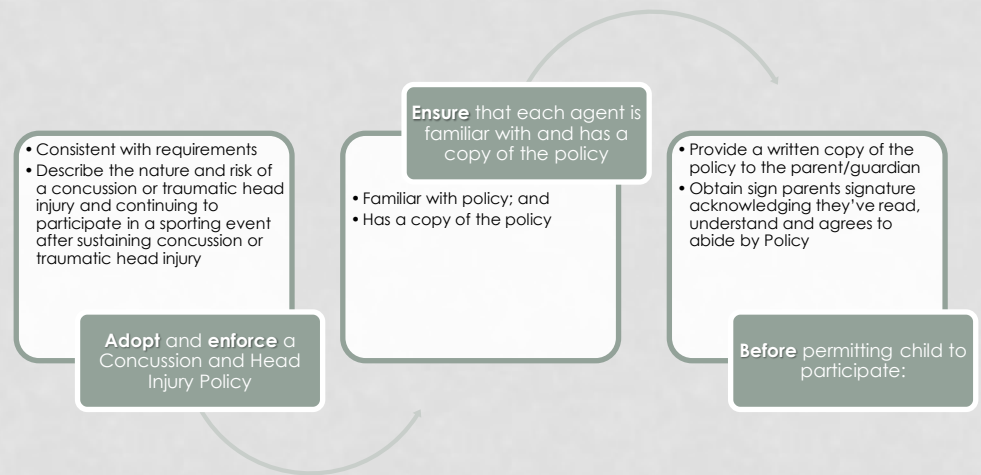
- Health care provider who is licensed under Title 58
- May evaluate and manage a concussion within the health care provider's scope of practice.

### Traumatic head injury

- Injury to the head arising from blunt trauma, and acceleration force – observed or self-reported
- Transient confusion, disorientation, or impaired consciousness, dysfunction of memory, loss of consciousness, signs of other neurological or neuropsychological dysfunction including seizures, irritability, lethargy, vomiting, headache, dizziness or fatigue.

# CONCUSSION AND HEAD INJURY POLICY

- Adopt and enforce a Concussion and Head Injury Policy
- Ensure that each agent is ...
  - familiar with policy,
  - has a copy of the policy
- Before permitting child to participate:
  - Provide a written copy of the policy to the parent/guardian
  - Obtain sign parents signature acknowledging they've read, understand and agrees to abide by Policy



# PARENT / ATHLETE CONCUSSION INFORMATION

Basic Information  
regarding Concussions  
or traumatic head injury

...

## Concussion Information

### Type of traumatic brain injury

- Changes the brain normally works
- Caused by bump, blow or jolt to the head or body
- Causing the head and brain to move rapidly back and forth

## Did you know

### Concussions ...

- May occur **without** loss of consciousness
- Athletes who have, at any point in their lives, had a concussion have an **increased risk** for another concussion
- Young children and teens are more likely to get a concussion and **take longer to recover** than adults.
- Rare cases, may cause damage to the brain or they even be fatal.

## Remember

### Concussions ...

- Affect people differently
- While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks.
- A more serious concussion can last for months or longer
- **Rest** is key to helping an athlete recover from a concussion
- Recovery is a **gradual process** that should be carefully managed and monitored by a health care professional

## PARENT / ATHLETE CONCUSSION INFORMATION

Examples of signs  
observed by coaching  
staff.

An athlete may ...

Appear dazed or stunned

Confused about assignment or position

Forget an instruction

Unsure of game, score or opponent

Move clumsily

Answer questions slowly

Lose consciousness (even briefly)

Show mood, behavior or personality changes

Can't recall events prior to hit or fall

Can't recall events after hit or fall

## PARENT / ATHLETE CONCUSSION INFORMATION

Examples of symptoms  
reported by athletes.

An athlete may ...

Headache or "pressure" in head

Nausea or vomiting

Balance problems or dizziness

Double or blurry vision

Sensitivity to light

Sensitivity to noise

Feeling sluggish, hazy, foggy or groggy

Concentration or memory problems

Confusion

Just not "feeling right" or "feeling down"



## MEDICAL CLEARANCE

If a child is suspected of sustaining a concussion or a traumatic head injury ...

- Immediately **remove** a child from participating
- **Prohibit** the child from participating until
  - **Evaluated** by qualified health care provider
  - Obtain written statement, **clearing** child to resume participation

If a child is  
**suspected** of  
sustaining a  
concussion or  
a traumatic  
head injury

Immediately  
**remove** a child  
from  
participating

*don't try to  
judge the  
severity yourself*

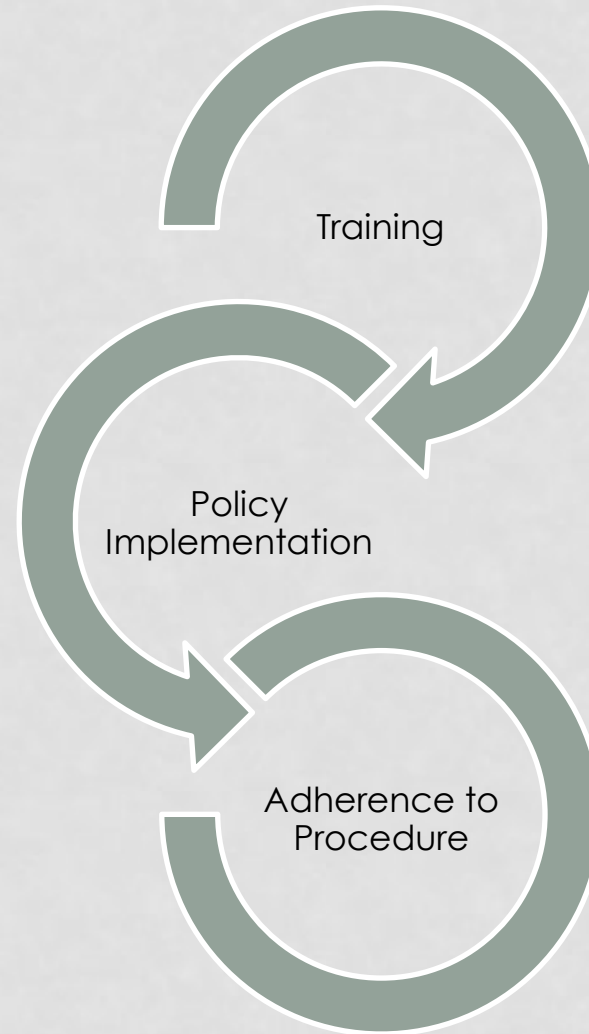
**Prohibit** the  
child from  
participating  
until ...

- **Evaluated** by  
qualified health  
care provider
- **Obtain** written  
statement,
- **clearing** child to  
resume  
participation

# POLICY & PROCEDURE

Resolution R2011-35

- City Council adopted:
  - Concussion and Head Injury Awareness Policy
  - Acknowledgement
  - Fact Sheet
- Procedure
  - Regular Training
    - Staff
    - Volunteers
    - Participants
  - Use of Forms
    - Fact sheet
    - Acknowledgement
    - Agent notification
    - Report Form
    - Medical release
    - Outside organization "acknowledgment by contract"



# THANK YOU!

REFER QUESTIONS OR COMMENTS TO SOUTH JORDAN CITY  
COMMUNITY SERVICES | 801.254.3742